



If you find meditation a challenge, take advantage of this active meditation that will surely take you out of your head and into your body. This is the Kundalini Meditation by Osho. If you have never participated in active meditation, don't miss this opportunity. It brings clarity and grounding and you will seriously feel the energy flow through your body.

Yoga Moves Nyon – Monday - March 2nd - 14hr – 15hr15

Donation - 22CHF

Registration - klavanchy@transforminglives.ch or just show up!

If this sounds like something outside your comfort zone, then it is definitely for you. I am a strong believer in going outside our comfort zone. You have probably heard, that is where the magic happens!

“Meditation is nothing but an attempt to clean your being, the attempt to be fresh and young, lively and attentive. If you are afraid of meditation, it means that you are afraid of life, are you afraid of awareness. And the resistance arises because you realize that something happens when you go deeper into meditation.” Osho